



# IRENE NEWS

26 October 2020

No 42 - 2020



## **VIRTUAL CSI IRENE FARM RACE**

All our members who have entered for the Virtual CSI Irene Farm race are invited to run the race on the grounds of the ARC on 31 October.

There will be a few invited runners running the 10 km who will start at 07:00. This race will be streamed live on Facebook. All other runners and walkers can start from 08:00 onwards.

Use this link to enter: <https://irenefarmrace.co.za/>

All our members are invited to attend our social event after the race on Saturday morning.

We request that you make your payment online to ensure that we can plan accordingly.

Use this link please: <https://irenefarmrace.co.za/product/race-day-special-only-at-irene-club-house/>

You stand a chance to win a pair of Asics running shoes in the lucky draw.

**IRENE ATHLETICS CLUB** **31 OCTOBER 2020**

**IRENE SOCIAL DAY**  
BOEREWORS ROLL OR FRANKFURT ROLL  
&  
330ML LOCAL BEER OR 330ML COLD DRINK  
ONLINE ENTRIES ONLY  
AT IRENE CLUB HOUSE

**R50.00  
COMBO DEAL!!!**

**YOU CAN ALSO DO YOUR  
VIRTUAL RACE AT THE FARM**

**RUN STARTS FROM 08:00  
SOCIAL STARTS AT 09:00**

**ONLINE ENTRIES**

# Virtual CSI IRENE Farm Race

31 October 2020

**CSI** Sales  
Rentals  
Property Management  
Let Us Take Care Of Your Investment



**IRENE ATHLETICS CLUB**

**Date:** 31 October 2020  
**Venue:** Countrywide! You run  
in your area, in line with  
COVID-19 restrictions  
**Closing Date:** 30 October

## 5 km, 10 km, 21.1 km

Same entry fee for all the distances

Enter: [www.irenefarmrace.co.za](http://www.irenefarmrace.co.za)

Entry fees:

### R30

- Virtual medal on your social media
- Vitality points where applicable

### R60

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

### R140

Delivery of:

- Real medal plus quality CSI buff (only 1000 buffs available)
- Vitality points where applicable

#### Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

Choose sport shop for collection of medal and buff:

- Run-Away-Sport: 012 361 3733
- Sweatshop Southdowns: 012 665 0048
- Sweatshop Dunkeld: 011 325 2567
- Sweatshop Bedfordview: 011 325 2567
- Sweatshop Broadacres: 011 465 2556

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event.



### **KOEKSISTER RUN (KEITH REYNOLDS)**

Sunday morning saw a good turnout at the clubhouse for the Koeksister run.

According to one of their members, Jacaranda club had 48 people come along to join a fair number of Irene runners. Their run was in recognition of the Cancer Awareness and voluntary donation were made. From what I saw, a fair amount was raised that will be handed over to a local cancer support facility.

Thank you to all from Irene who contributed.

While it got unpleasantly warm out on the course, the friendship show between our clubs was a much nicer kind of warmth and made the outing a great success.

The Koeksisters had “a twist” to them and I got to enjoy a “Cape Malay Koeksister” for the first time. Different from what most of us are used to when it comes to koeksisters.

I am sure that we will be seeing more interclub events like this going forward.

Hope to see you all on the 31<sup>st</sup> for the Irene Farm Race.



## ANNUAL GENERAL MEETING

Please be reminded of the AGM that will take place in the Lapa at the club house on Tuesday evening, 10 November at 18:30.

No nominations for the committee can be accepted anymore.

## PERSONALIA

Congratulations to the following members who celebrate their birthdays during the week:

Tendani	Mantshimuli	27 Oct
Gert	Veldman	27 Oct
Lucian	Pretorius	28 Oct
Michael	Dekker	29 Oct
Sarah	Labuschagne	29 Oct
Rudi	Spangenberg	29 Oct
Arne	Vorster	29 Oct
Ernst	Gottschalk	30 Oct
Rose	Kavallineas	30 Oct
Lynette	September	31 Oct



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316



CAQS CC/BK Reg. No. 1997/052774/23 VAT No. 488 016 9828

REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

GAUTENG HEAD OFFICE  
10 Lenchen Park  
2029 Lenchen Ave South  
Zwartkops x 4  
Centurion  
0157

PO Box 7838, Centurion, 0046 R.S.A  
m: +27 (0)83 655 7010  
t: +27 (0)12 663 3300  
f: +27 (0)86 670 2124  
e: [info@caqs.co.za](mailto:info@caqs.co.za)  
[www.caqs.co.za](http://www.caqs.co.za)

WESTERN CAPE OFFICE  
Niagara Road  
Tyger Waterfront, Suite 713  
The Cliffs, Bellville, 7530  
m: +27 (0) 83 655 4754

## THOUGHT FOR THE WEEK

Never put a wishbone where your backbone ought to be.



Knowledge Integration Dynamics



## ***PHOTO CORNER***



Welcome to Ilze Botes who will be the new lady in charge of the clothing shop



Leon Page made his first appearance at the time trials after lockdown





Maggie van Rooyen and Jacqi Dickason



Roger Brown





Basil and Jacqi Dickason, Maggie van Rooyen, Thea van Helden and Heilet Basson



Good to see our members at the club again





Garth Wrigley, Greg Ferreira and Leon Page



Neil, Jemma and Ilona Potty